

REPORT

FISCAL YEAR 1



FRESH
FOOD
WEEKLY

FOOD SECURITY CHARITY

IMPACT

2022-2023

FRESH Food WEEKLY

Fresh Food Weekly is a food security program run through The VanDyck Foundation, which is a registered charity under the Canada Revenue Agency. Our charitable registration number is: 77364 5148 RR0001.



By 2022, the percentage of Canadians living in food-insecure households had risen in every province. This means that 18.4% of Canadians - or 6.9 million people, including almost 1.8 million children (every 1 in 4 children under the age of 18), living in Canada struggled to access the food they needed.

The pandemic led to skyrocketing inflation rates in 2022 due to impaired supply chains and a spike in the prices of commodities, with recent data from Statistics Canada showing food prices soaring right through the start of 2023, with this continuing even as inflation rates lessen. - PROOF

This increase in food prices is causing Canada's most vulnerable citizens; the disabled and elderly, to experience unprecedented levels of hunger.



WE FEED THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY

Fresh Food Weekly buys fresh and locally-sourced food in bulk and then delivers this food to the front doorsteps of low-income families, on a regular basis. Between June 2022 and December 2022, we delivered monthly meal boxes. Beginning in January 2023, we started delivering every other week. Our ultimate goal is to eventually deliver food to our program recipients on a weekly basis.

RECIPIENT TESTIMONY

JULY 15, 2023

FACEBOOK POST:

The following was copied and pasted from a Facebook post Leah Dyck posted on July 15, 2023:

“This morning I wanted to show you a testimonial from one of our program recipients. On Aug. 11, 2022, I did a post about one of our 74-year-old program recipients and a lot of you seemed concerned for her so I thought it might be nice to let you all know how she's doing. I also wanted to let you know that she's still struggling.

I'm starting to realize that most of us are simply not aware of what is going on in our own backyards. I just got off the phone with a 74-year-old woman who left me in tears. Her husband died 11 years ago and he owned a successful glass window installation company in Mississauga. Their son ended up taking advantage of her financially after her husband passed and this is not the first time I've heard of an adult child taking advantage of their vulnerable parent. He left her with nothing and now she's living on a pension that doesn't give her enough to eat or pay for necessary medical expenses. In her response to my email blast, this is what she had to say:” - Leah Dyck



CONTINUE READING...

“Life is a struggle and being 74, I wonder some days even why? It's so sad when you need a pneumonia shot - which is \$150 because you're over 70, and to get a shingles shot is \$185 and I need two of those. But I can't afford to get any. How can one protect themselves? To feel that you have to go to a food bank just so you can eat. I try so hard to pay my rent and pay so I can have TV. It's sad because I don't let anyone know how bad things get. I try to smile and say everything is okay. I don't go out anywhere and I don't drink - I just live from day to day. And when I can get to the food bank, I'm so thankful to get some food but it's never enough. My one thing that gives me joy is my pup. She's nine-years-old and I cannot bare to part with her, even though I know it would save me a bit more money but I love her so much. I rescued her eight years ago but when you're this lonely, I believe she's the one who's rescued me. I know there are so many who are worse off than me and I wish I could help them out. I wish everyone well and some joy in their life. Thank you for all the good you do for so many.”

After reading this, I called her and we chatted on the phone for some bit;

“There's gotta be somebody who can help!”

She said as she started crying. But there isn't any more help for her. Her husband isn't around anymore and her son is the reason she's in this position. Obviously, I've put her on our meal box program. Yesterday, I asked her to do a testimonial and this is what she said:

“Hi Leah, I just wanted to tell you how much of a difference you have made in my life. As a recipient of your kindness in your food that I receive. To be able to have fresh vegetables and fruits and dairy products. As a senior, after you pay for your bills, it is almost impossible to go and get any of the above. To know that someone cares. The food is always so fresh and I can make some nutritious meals.

I would love to say a big Thank You to all the companies that make this possible for so many of us who would not enjoy a good meal. Also, I cannot say enough to all those who volunteer their time to help you make this possible. Leah, you have made such a difference in my life and so many others with all you do, going out and talking to groups and anyone who wants to know what can be done when you work together. I also thank those that take their time to deliver the food to us. I know I can only give them a hug to show how much it means .

If anyone can help Leah I'm any little way to make things better, it will make the world of difference in someone's life as it has in mind.

Thank you Leah for all your work and making me believe once again there are people who really care.”

WHAT WE DO

1



RAISE FUNDS

Every month, we raise +\$4,500.00!

2

BUY FOOD IN BULK

We use this money to purchase food in bulk from local suppliers.



3



PICKUP FOOD

Our volunteers pickup all this food and bring it to Countryside United Church.

4

PACK MEAL BOXES

On delivery days, our volunteers bag all the food and then pack it into individual meal boxes.



5



BIWEEKLY FOOD DELIVERIES

Our volunteer drivers then deliver these meal boxes to the front doorsteps of the same program recipients every other Tuesday evening.





FRUITS

A minimum of two fruits. Fruits are generally not donated but are always purchased at a discounted rate. We often give out bananas, apples and berries in the summer months.

VEGETABLES

A minimum of one vegetable. During the summer and fall months, our meal boxes have a lot more vegetables thanks to the donations of local farmers.

INSIDE OUR BIWEEKLY MEAL BOXES

200G CHEESE

Choice of either Mild Gouda, Creamy Havarti, Cheddar, or Jarlsburg (Swiss)

BREAD 1 LOAF

Fresh loaf of bread baked the same day of delivery; 11 types to choose from.

12 EGGS

A dozen farm fresh eggs.

MILK 4L

Choice of either 4L of 2% or 1%, OR 2L of lactose-free, OR 1L or 10% half & half cream.

1LB BUTTER

One pound of butter; Salted or Unsalted.

TOILET PAPER 6-PACK

A six-pack of Costco toilet paper.

MEAT 4 LBS

A minimum of four pounds of meat.



DELIVERY FACTS

Our volunteers made:

1,823

deliveries to

1,292

low-income households in Barrie and
Innisfil, Ontario.



We've spent an average of

\$52

per month on each household,
with each household receiving:

\$154.49

worth of food.



We've given away

\$194,900.65

worth of food to

5,677

residents of Barrie and Innisfil
who're food insecure,

40%

of which were children.



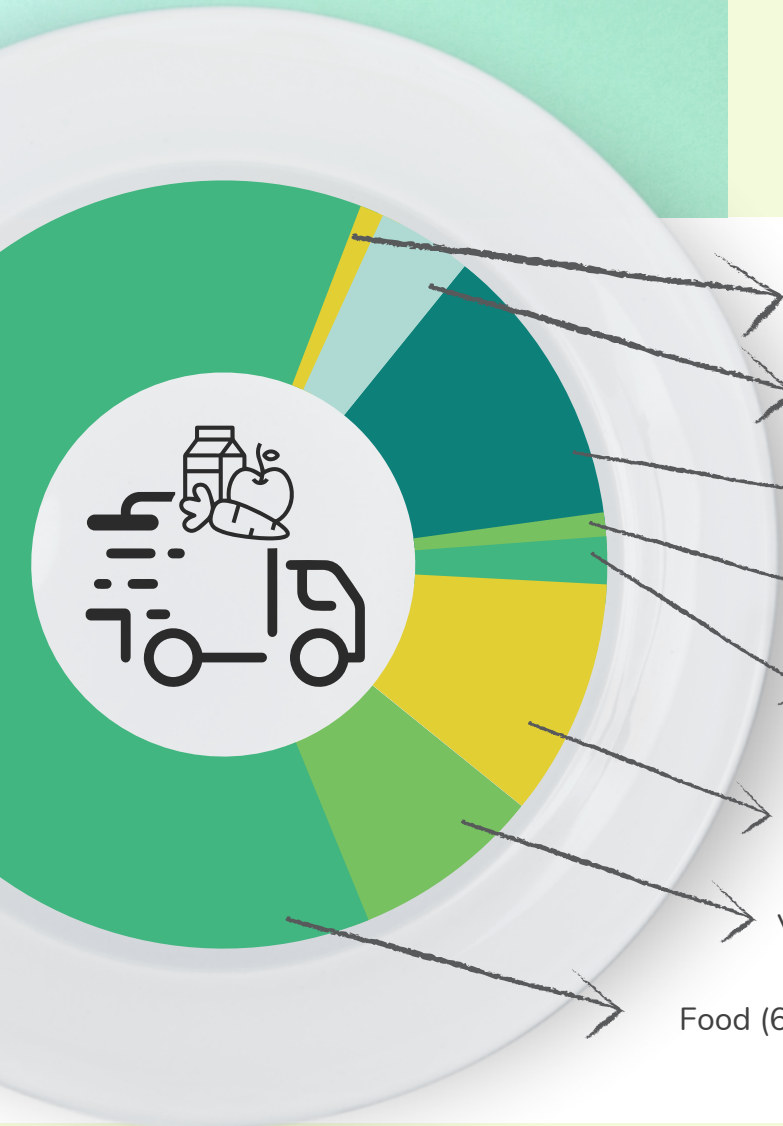
We've delivered nearly

\$200K

worth of food to our community's most
vulnerable members.

Budget Break-down

Here's a breakdown of our Financial Statement of Operations for our first fiscal year; Apr. 1, 2022 to Mar. 31, 2023.

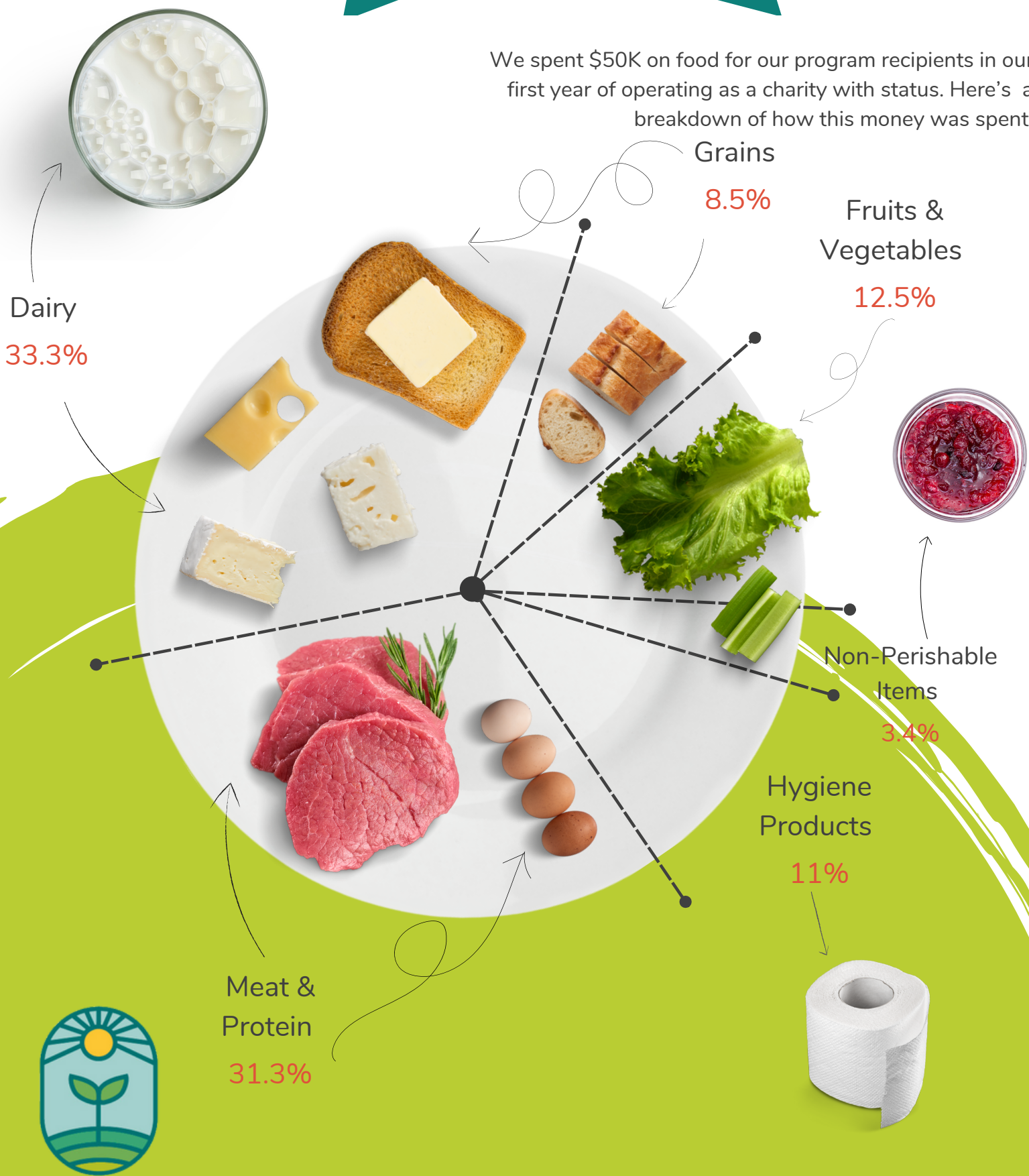


- Food Packaging (1%)
- Other Recipient Expenses (4%)
- Occupancy Costs (12%)
- Supplies & Equipment (1%)
- Advertising & Fundraising (2%)
- Administration (10%)
- Vehicle Expenses (8%)
- Food (62%)



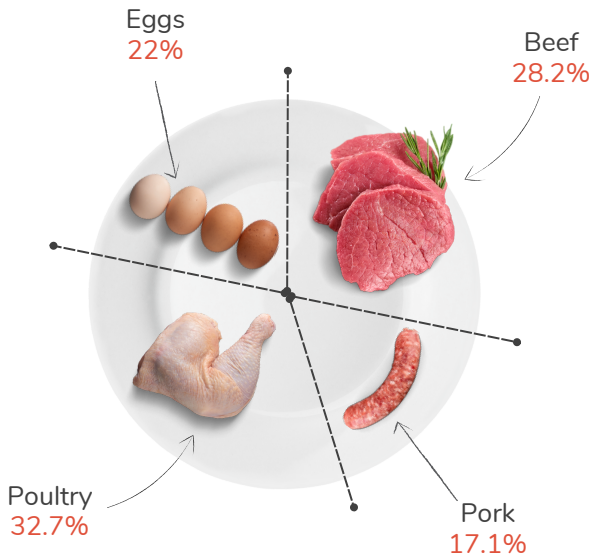
FOOD BUDGET

We spent \$50K on food for our program recipients in our first year of operating as a charity with status. Here's a breakdown of how this money was spent.

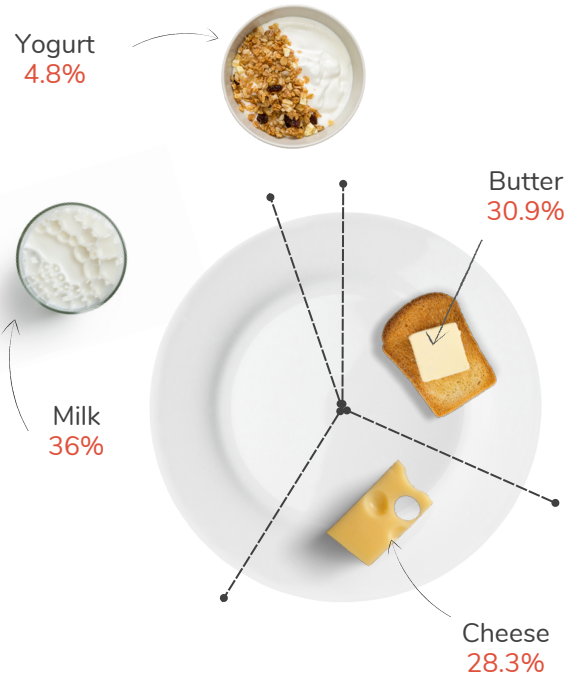


Within each food group category, here's a further breakdown of the types of food we purchased.

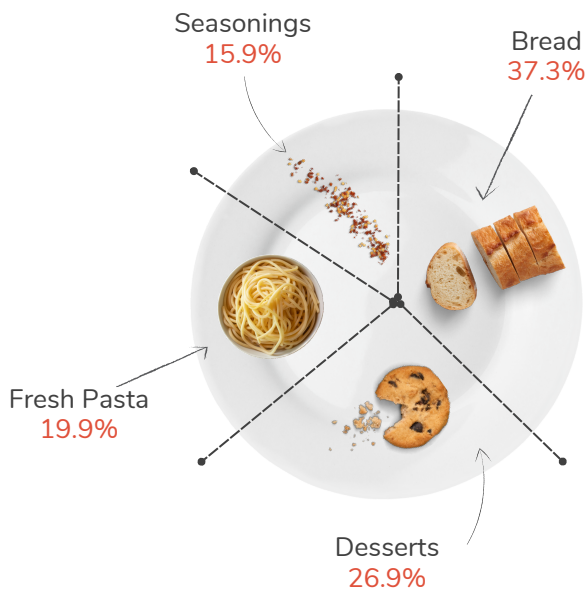
PROTEIN



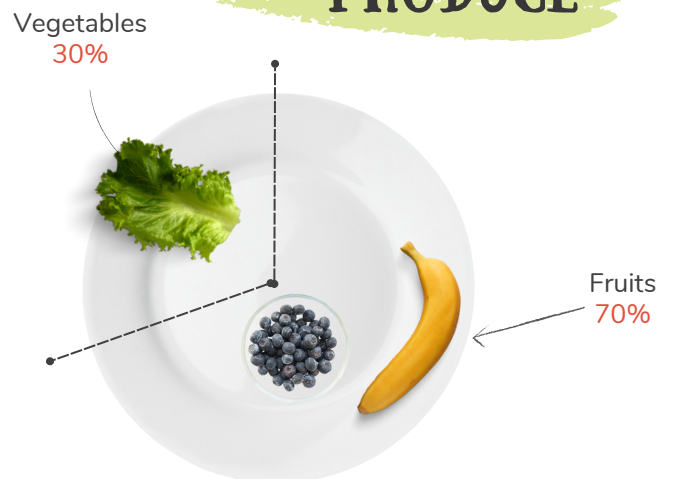
DAIRY



GRAIN



PRODUCE



HYGIENE PRODUCTS

11.1%



NON-PERISHABLE ITEMS

3.4%



WHERE DOES OUR FOOD COME FROM?

DONORS

NICK'S NO FRILLS

Barrie, Ont.

GOODNESS ME! NATURAL FOOD MARKET

Barrie, Ont.

COOKSTOWN GREENS

Cookstown, Ont.

HARRIS FARMS

Springwater, Ont.

DOMINION FARM PRODUCE

Bradford, Ont.

OZERY FAMILY BAKERY

Vaughan, Ont.

CALDENSE BAKERY

York, Ont.

GAETANO'S GREEN ACRES INC.

Holland Marsh, Ont.

SUPPLIERS

KAWARTHA DAIRY

Barrie, Ont.

CONTINENTAL SPECIALTIES & IMPORTS

Barrie, Ont.

ALLISTON CREAMERY

Alliston, Ont.

HOMESTEAD FARM

Newmarket, Ont.

GOLDSMITH'S FARM MARKET &
BAKERY

Thornbury, Ont.

FOX'S BAKERY & DELI

Barrie, Ont.

COSTCO

Barrie, Ont.

THORANIC FARMS

Thornton, Ont.



FRESH FOOD WEEKLY

COUNTRYSIDE UNITED CHURCH

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Thornton, ON L0L 2N0

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